PRACTICAL

Medical & Commercial

RECIPES

BY

J. T. Butterworth,

A.P.S., A.S.A.,

Qualified Chemist and Druggist,
(By Examination) London.

Qualified Dispenser to the Society of Apothecaries
(By Examination) London.

PRICE 5/-

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BRIGHOUSE.

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WE BELIEVE in giving full value to the public, and our CREAM CARAMEL TOFFEE is recognised as the finest in the market.

If you want to cure YOUR COLD or drive away INFLUENZA

Eat CLIFFE'S

CREAM CARAMEL TOFFEE,

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To be obtained from all Shopkeepers.

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Park Street, Brighouse.

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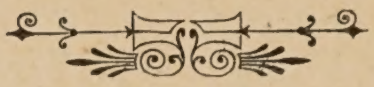
INTRODUCTION.

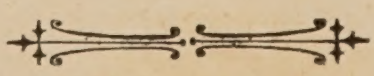


ALTHOUGH many hundreds of medical recipe books have been printed there still remains room for a practical recipe book for the busy toilers of Lancashire and Yorkshire, and to meet the requirements of those busy toilers this messenger of medical and trade recipes is launched on the industrial population of the two respective Northern Shires, the author feeling confident that there is still room at the top of the tree for a thoroughly competent and practical work.

The whole of the medical and commercial recipes published herein are the result of a lifetime's gleaning amongst the medical practitioners and commercial drug businesses throughout the country, and no recipe makes its appearance in this work which has not been thoroughly tried, and found to be absolutely the best of its class. The provincialisms of Lancashire and Yorkshire's requirements are entirely different from those of the southern shires, and to the requirements of the teeming population of those northern shires this book is respectfully dedicated, in the hope that it may in some measure relieve the sufferings of the afflicted, as well as furnish such commercial recipes as will be a financial advantage to all who possess it.

It has not been the author's ambition to place before the public a bulky volume embracing every handicraft, trade and profession under the sun. And to those of my readers who expect to find the information how to build a random rubble wall, my advice is, look elsewhere.

I am indebted to a fully qualified medical man, and to a veterinary surgeon for assistance, and to these I return my sincerest thanks.



BIOGRAPHY.

AN epitome of the experience of the author may serve the purpose of inspiring the confidence of the reader. My apprenticeship was served in a Lancashire Medical Pharmacy, and after the conclusion I occupied situations in some of the best dispensing businesses of Lancashire and Yorkshire; then removing to London, where I also obtained experience in West End Pharmacies. I then went through a whole course of instruction for seven months at the Westminster College of Pharmacy, after which I successfully satisfied the Examiners of the Pharmaceutical Society of Bloomsbury Square, London and took the degree of Chemist and Druggist at my first attempt, on February 17th, 1882.

Immediately after, at my first attempt, I successfully passed the Examination of the Society of Apothecaries, entitling me to the qualification of Assistant to the Society of Apothecaries, London. I left London and have been the proprietor of no less than twenty different chemists businesses in Lancashire and Yorkshire, a position which is in all probability unique, as I personally superintended every business I have been possessed of, which facts warrant me in addressing the public.

39, Todmorden Road,
Burnley.

January, 1897.

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THE BEST

BOTANIC REMEDIES

EVER PUBLISHED.

Twelve Valuable Recipes.

If there is one thing better than another in this world it is to bestow good health, and give good advice to fellow men

These Compound Powders are prepared from ingredients of the best quality and may be relied upon for their efficacy in the treatment and cure of disease. They form in the hands of heads of households, a means of combating ailments which all are liable to, and which, if not attended to, frequently lead to more serious illness.

They are found by experience to be harmless to the most tender age, or the weakest frame, under every stage of human suffering, and will be found to be both effective and economical.

Spiced Bitters.—Poplar Bark, 2 oz., Bitter Root, ¼ oz., Golden Seal, 1 oz., Mandrake, ½ oz., Balmony, 1 oz., Cinnamon, ¼ oz., Cherry Bark, 1 oz., Cloves, 1 dram, Ginger, 1 oz., Cayenne, 1 dram. Mix altogether. This is most valuable for a weak state of the Stomach, Loss of Appetite, Wind and Torpid Liver.

Stomach Bitters.—Bayberry 2 oz., Ginger 1 oz., Poplar Bark 1 oz., Barberry 1 oz., Columbia 1 oz., Aniseeds 1 oz., Cayenne 1 dram. Mix together. The properties of this valuable compound are similar to those of the Spiced Bitters.

Pile Powders,—Witch Hazel 1 oz., Poplar Bark 1 oz., Cranes' Bill 1 oz., Senna 1 oz., Black Pepper ½ oz., Aniseed ½ oz. Mix well. This is a valuable compound both for outward and Bleeding Piles.

Anti-Cholera Powder. Gum Catechu 1 oz., Peruvian Bark 1 oz., Bistort Root 1 oz., Tormental Root 1 oz., Bayberry 1 oz., Cinnamon 1 oz., Ginger 1 oz., Cayenne ¼ oz Mix together. This is good for Bowel Complaint in all its stages, Dysentery, Diarrhœa, Cramp, Sickness, &c.

Tooth-Ache.—Dissolve as much Camphor as possible in a dram of Nitre, to which add a few drops of Ammonia, dip a little cotton wool in this, and then put it to the tooth.

Worm Powder.—Worm Seed 1 oz., Male Fern 1 oz., Bilious Powder 1 oz., Indian Pink ½ oz. Mix well. This compound is good for the expulsion of both Stomach and Thread Worms.

Nerve Powder.—Scull Cap 1 oz., Valerian Root 1 oz., Skunk Cabbage 1 oz., Stomach Bitters 1 oz. Mix altogether. This is valuable for Pain in the Head and Face, Tic, Nervous Debility, and for Fits of every kind.

Fever.—For simple and eruptive Fever take 1 oz. of Pleurisy Powder, 1 oz. Skunk Cabbage, ½ oz. Liquorice, 1 dram Lobelia, and ½ oz. Crawley Root. Mix, and pour 3 pints of Boiling Water upon the whole. Let the powder settle. Dose;—A wineglassful 4 times a day.

Gatherings.—Foment with equal parts of Marsh Mallow Leaves, Wormwood and Mugwort, and apply a poultice of Slippery Elm, fresh night and morning, with Elder Ointment

Indigestion.—Take 1 ounce each of Golden Seal, Poplar Bark and Bayberry, and 4 grains of Cayenne, pour 2 quarts of boiling water upon the whole. Let the Powder settle. Dose: A wineglassful four times a day.

Neuralgia.—Take Scull Cap, Valerian and Composition ½ ounce each, pour a quart of boiling water upon them, let it stand to settle, and take a wineglassful every 2 hours. The Tic Liniment may be used externally, or if proceeding from a carious tooth, apply the Tooth-Ache Elixir.

Rheumatism.—Take 1 ounce each of Prickly Ash Bark and Berries and Diuretic Powder; boil the Bark and Berries in 3 pints of water, pour hot upon the powder. Dose: A wineglassful 4 times a day.

BRILLIANTINE

For instantly producing a lasting Gloss on the Hair or on Gentlemen's Moustaches.

ABSOLUTE ALCOHOL 1½ ounces.
CASTOR OIL 1½ ounces.
OIL OF NEROLI 6 Drops.

Shake the bottle before use and apply as Hair Oil or Pomade.

COLD CREAM.

To make Cold Cream, a preparation in use amongst the aristocracy for Softening the Skin Freckles, and for producing a soft smooth Skin.

Melt by heat in a Water Bath

1½ ounces BEST WHITE WAX,
1 ounce SPERMACETI,
12 ounces of OIL OF ALMONDS,
And add when nearly cold
6 Drops of OTTO OF ROSES.

If this preparation is constantly stirred until cold, the Cold Cream will be beautifully white.

TO MAKE A BOTTLE OF A WELL ADVERTISED

BLOOD MIXTURE

USE

IODIDE OF POTASS 1 dram,
Compound Decoction of Red
JAMAICA SARSAPARILLA, 2 ounces,
LIQUOR POTASH, ½ a dram,
SPIRIT OF CHLOROFORM, 2 drams,
WATER, 8 ounces.

Mix them and take one tablespoonful three times a day after food.

A well tried formula for making your own

BAKING POWDER.

Superior to many of the prominently advertised preparations.

POWDERED BICARBONATE OF SODA, 1-lb. 5-ozs.
POWDERED TARTARIC ACID, 1-lb. 2-ozs.
POWDERED RICE FLOUR, 3-lbs. 2-ozs.

Dry each ingredient separately in a slow oven, then mix the Rice Flour with the Tartaric Acid, afterwards mixing the Bicarbonate of Soda, put through a sieve and Bottle until required.

I have personally made tons of the above Baking Powder, with the utmost satisfaction to all consumers.

Beef and Malt Wine.

This recipe is now first published. A very nourishing and palatable preparation, extensively advertised. Obtain

1 Pint of Old Port Wine
1 oz. of Leibig's Extract of Beef
4 oz. Bottle of Extract of Malt.

Mix them and shake the bottle once a day for 14 days, filter the preparation through flannel and a splendid Bottle of Beef and Malt Wine will be the result.

A Mixture for BACKACHE,

Thick Urine and Kidney Disorders,

To be relied upon is the following:

Bi-Carbonate of Potas—2 Drams
Tincture of Hyoscyamus—4 Drams
Saltpetre—1 Dram
Syrup—1 ounce
Infusion of Buchu—8 ounces

Made into a Mixture.
Take one tablespoonful every four hours.

I have translated the whole of these prescriptions from the Latin Language. When this prescription was handed to me to dispense the first time, the patient informed me he had paid ten guineas for it.

A General Remedy for

Coughs, Colds,

Asthma & Bronchitis.

Glycerine, 1 oz.
Ipecacuanha Wine, 3 drams
Spirit of Ether, 2 drams
Chlorodyne, 1 dram
Water, 6 ounces

Dose for Adults, 1 Tablespoonful.
Dose for Children, Half the Quantity.

Worth its Weight in Gold.

FOOT POWDER.

For Persons suffering from Sore Feet.

THE FOLLOWING IS AN OFT PROVED CURE.

Salicylic Acid, 1 Dram
Boric Acid, 2 Drams
French Chalk, 6 Drams.

Mix and perfume with a drop of an Essential Oil.

HAIR CURLING FLUID.

For Keeping the Hair in Curl.

This most advertised preparation consists of

Carbonate of Potass, ¼ of an ounce.
Liquid Ammonia, 1 dram.
Glycerine, ½ an ounce.
Rectified Spirit of Wine, 1½ ounce.
Rose Water, 18 ounces.

Mix and filter through blotting paper. Moisten the hair and let it dry.

Borax, Camphor and Rosemary

HAIR WASH,

Sold in 3d.& 6d. Packets, is manufactured from the following:—

Powdered Camphor, 1 Dram.
Essence of Rosemary, ¼ of an Ounce.
Powdered Borax, ¼ of a Lb.

Mix through a sieve and use as much as will lie on a florin every time the head is washed.

A FIRST-CLASS REMEDY
FOR SCURF AND DANDRUFF.

THE MANAGEMENT OF THE HAIR.

THE hair is to many people an almost constant source of worry. Dr. Andrew Wilson gives some very useful hints on the management of the hair. There is one very plain rule, he says, regarding the hair and its welfare, which should not be forgotten—namely, that as part of the skin itself the hair sympathises very keenly in most persons with the general state and condition of the body. Ill-health and mental worry both exercise considerable influence on the condition of the hair, and when ailing people complain of hair troubles, they may mostly cure themselves by endeavouring to gain the lost general health to which the local hair-ailment may be due.

Another point worthy of attention is a caution against too frequent wetting of the head, especially at the morning bath. This leaves the hair in a damp condition, which cannot but be injurious. On the other hand, this should be no reason for not washing the head, say, once a fortnight, to prevent dirt blocking the pores.

There is no need to use anything but soap and water for this purpose. It is difficult to understand why so many people object to using a little simple dressing on their hair, for by using some such preparation many people who complain of hair-weakness would cure and prevent further loss. A little dressing applied each morning renders the scalp and hair soft and supple. People with ordinary heads of hair should use

Castor Oil - 2 Drams.	**Glycerine - 6 Drams.**
Almond Oil - 14 ,,	**S.V.R. - 2 ,,**

Hard brushes and small combs should be avoided as tending to irritate the scalp, and if used when dandruff is present they increase rather than diminish it. Dandruff or scurf may also be due to over-secretion of the oil glands, and this is often due to infrequent washing. In treating this complaint the first point is to cleanse the scalp thoroughly. If a shampoo-liquid be desired the following may be used :—

Curd Soap - ½ Oz.	**Eau de Cologne - 1 Oz.**
Liq. Ammoniæ - 1 ,,	**Water to - 10 Oz.**

A wineglassful may be used, and the head washed with tepid or cold water, and the hair being kept short, glycerine of borax may be applied every night. If this fail, wash the scalp every three or four days and use the following :—

Resorcin - 3 Scruples	**Ether - 3 Scruples**
Olive Oil - 3 ,,	**Spirits of Wine - 6½ Oz.**

This should be applied daily and rubbed well into the scalp.

DIGESTIVE SYRUP.

Powdered Borax	20 Grains
Powdered Gentian	20 Grains
Oil of Wintergreen	4 Drops
Oil of Sassafras	10 Drops
Spirit of Wine	2 Drams
Liquor Taraxaci	2 Drams
Concentrated Decoction of Aloes	2 Ounces
Black Treacle	4 Ounces
Powdered Cayenne Pepper	2 Grains

Take from 15 to 20 drops before food.

This preparation is one of the most advertised preparations in the world.

Limejuice and Glycerine.

The most popular preparation for the hair is lime-juice and glycerine. Five out of six methods usually produce an article which quickly separates. The formula given below has been well tested, and is reliable :—

Sweet Oil of Almonds	½ lb
Lime Water	½ lb
White	¼ ounce
Glycerine	½ ounce
Oil of Verbena	15 drops
Essence of Lemon	1½ drams
Essence of Bergamot	45 drops

Dissolve the wax in the oil, and add the lime water gradually, shaking vigorously.

It is sold in 3 oz. bottles for 6d., 6 oz. bottles for 1s. each.

To make a Capital

Tooth Powder,

For Whitening the Teeth and Preserving the Gums,

use the following :

Prepared Chalk,
Finest Powdered Cuttle Fish Bone,
Powdered Castile Soap.

Of each preparation one ounce, mix them well, then add three drops of Oil of Lavender, and four drops of Oil of Neroli, mix again and use with a tooth brush.

The value of taking care of the teeth and gums cannot be over estimated particularly in the case of children.

Winter Fluid.

FOR ROUGHNESS OF THE SKIN

From whatever cause arising.

Glycerine	...	2 drams
Liquor Potassae		10 drops
Essence of Jockey Club,		20 drops.
Water ...	...	1½ ounces.

Mix and apply to the hands and face after washing

A Remedy to alleviate

EARACHE

should certainly prove a boon to humanity.

Camphor	***1 dram.***
Chloral	***1 dram.***
Glycerine	***2 ounces.***
Oil of Almonds	***10 drams.***

MIX. To be applied on cotton wool in the ear. May also be rubbed daily behind the ear.

This remedy has had a successful run, having accomplished its object.

To use with Enemas.

For a first-class Solution use:—

Half-an-Ounce of Sulphate of Zinc, dissolved in a quart of cold water. To be used cold.

STOOD THE TEST OF 50 YEARS TRIAL.

EYE LOTION.

Sulphate of Zinc	...	5 grains
Goulard's Ext of Lead	...	1½ drams
Rose Water ...	...	3 ounces
Add Cold Water	...	7 ounces

For inflamed or weak eyes it is unsurpassed.

For Persons suffering from FITS

The following recipe is unsurpassable.

Bromide of Potass	...	1 dram
Compound Tincture of Cardamoms		2 drams
Camphor Mixture	...	6 ounces

Adults take two tablespoonfuls twice a day.

Headache

Either Common or Sick Headache,

Use

Bromide of Potass	...	½ dram
Sal Volatile	...	½ dram
Camphor Water	...	1 ounce

Take this dose for an adult at once.

CURES ON THE SPOT.

INDIAN BRANDEE.

TONS upon tons of this well-known remedy are every year in the districts where this book circulates, and this recipe would never have made its appearance in this work but for objects named in the introductory remarks of this book.

Obtain a 2lb. tin of Golden Syrup, mix with 8 ozs. of Boiling Water; when cold add 8 ozs. of Sweet Spirit of Nitre, ¼ of an ounce of Tincture of Cayenne, and 4 ozs. of Syrup of Rhoeodus, then mix and shake up, and in one hour you will have a splendid, clear preparation. As is well known, nearly every internal pain succumbs to it. Its action is truly instantaneous. Can be given to either young or old. Dose for an adult—One or two tablespoonfuls; for children—One or two teaspoonfuls in water.

Hop Bitters.

To make the Hop Bitters, use

Tincture of Hops	..	**1½ ounces**
,, Podophyllum	..	**½ ounce**
,, Buchu	.. ..	**6 drams**
,, Senega	.. ..	**4 drams**
,, Chiretta	.. .. ..	**2 drams**
Water	.. ..	**20 ounces**

Dose for Adults—One tablespoonful three times a day before food.

These Bitters are sold under a big name, well advertised, at 2/9 a bottle.

QUININE AND IRON TONIC.

The action of a first-class bottle of Quinine and Iron Tonic is known to the whole civilised portion of the residents of the Globe, and there is more Quinine and Iron used than any other Tonic.

The following remains unbeaten—

Citrate of Iron	**½ dram**
Citrate of Iron and Quinine ..	**½ dram**

Mix with 8 ounces of water, and add ½ an ounce of Spirit of Chloroform, shake the bottle and it is ready.

Adults take one tablespoonful three times a day.
Children—Half the quantity.

Liniments.

A Liniment which is agreeable in use and strikingly efficacious in result should please the public. For application to inflamed joints affected by acute rheumatism, there are few remedies more successful than this :—

Oil of Wintergreen ..	***2 ozs.***
Olive Oil	***1 oz.***
Soap Liniment	***1 oz.***

Mix, and let stand for a week.

CHRONIC
RHEUMATISM & GOUT.

Bi-carbonate of Potash	..	**2 drams**
Idiode of Potash ..	..	**1 dram**
Salicate of Soda ..	..	**1 dram**
Colchicum Wine ..	..	**1½ drams**
Infusion of Buchu ..	..	**6 ozs.**

Take one tablespoonful every four hours in a wineglassful of water.

Rheumatic Liniment.

Where a Liniment is required, the formula given below is unsurpassable.

Liniment of Ammonia	..	**2 oz.**
Liniment of Opium	..	**2 oz.**
Oil of Turpentine ..	..	**2 oz.**

Mix. To be well rubbed into the part affected, night and morning.

TO CURE
Ringworm on the Face & Head

Glycerine and Carbolic Acid (1 in four) will be efficient.

For Rheumatic and Gout.

£2,000

And a Pension of £500 a Year for Life

was paid to the Physician who prescribed the following remedy, by a rich patient, after a complete cure.

Guaiacum	...	1 dram
Powdered Rhubarb	...	½ ounce
Flowers Brimstone	...	2 ounces
Cream Tartar	...	1 ounce
Best Ginger	...	1½ ounces

One Nutmeg finely Powdered to be mixed well in 1-lb of Clarified Honey.

Two teaspoonfuls to be taken night and morning.

For Sleeplessness

USE THE FOLLOWING DRAUGHT:

Bromide of Potass	...	20 Grains
Bromide of Soda	...	10 Grains
Compound Tincture of Chloroform	...	20 Drops

Water add One Ounce.

Mix and take at bed time.

Stomachic & Mild Aperient.

Epsom Salts	½ oz.
Powdered Rhubarb	¼ ,,
Carbonate of Magnesia	½ ,,
Chloric Ether	1 dram
Sal Volatile	½ oz.
Compound Tincture of Rhubarb ..	1 ,,
Tincture of Ginger	¼ ,,
Peppermint Water	8 ,,

Mix and take One Tablespoonful three times a day before food.
Worth its weight in gold for indigestion.

Tic and Neuralgic Mixture.

The following preparation I have found from a lengthened experience is very prompt and reliable :—

Croton Chloral Hydrate ..	3 grains
Glycerine	15 drops

Mix by stirring several minutes, then add the two following preparations mixed together :

Tincture of Gelseminum ..	10 drops
Chloroform Water	1 ounce

THE ABOVE IS ONE DOSE.

Whitworth or Red Bottle.

A preparation with a very extensive local reputation as a Rubbing bottle. For Cuts, Wounds, Sprains, Splints and Sores take of

CAMPHOR	1 OUNCE
TINCTURE OF RED LAVENDER ...	½ OUNCE
RECTIFIED SPIRIT OF WINE ...	1-lb.

Put all the ingredients together: This Rubbing Bottle is worth its weight in gold for the purposes mentioned.

For internal use take 10 drops on lump sugar.

Brown Boot Top Liquid.

Brown Boots and Shoes have had a big run on the public. Below will be found a liquid for the tops which is reliable.

Gum Catechu	***1 oz.***
Gum Gambodge	***½ oz.***
Gum Acacia	***3 drams***
Annato	***½ oz.***
Hydrochloric Acid	***1 oz.***
Water	***2 Pints***

Mix, and keep well corked when not in use.

Dubbin.

To make the best Dubbin obtainable, use

8 OZS. OF COD FISH OIL and
8 OZS. OF BEST TALLOW.

Dissolve the tallow by heat, and then stir in the oil until cold.

Splendid for preserving boots and shoes.

farmer told the author this recipe had been worth pounds to him.

TAPE WORMS IN ADULTS.

Take one dram of Oil of Male Fern, mixed with one and a half ounces of Mucilage of Gum Arabaic. To be taken in the morning, fasting; and one ounce of Castor Oil taken two hours afterwards.

REMEDIES FOR
Children's Ailments.

To make a **Soothing Syrup** for a child devoid of poisons, use—

Bromide of Ammonia, ½ a dram
Syrup of Rhubarb, ½ an ounce
Essence of Aniseed, 10 drops
Simple Syrup, an ounce
Dill Seed Water, add 1½ ounces.

A splendid Remedy.

For **Thrush in Children** there is no preparation manufactured to excel—

Glycerine of Borax,

Used freely on the tongue three times a day.

COUNTER PRESCRIBING.

IN the subjoined remarks on a number of prevalent ailments, arranged alphabetically to facilitate reference, my aim is to give, in the most concise manner possible, a few hints which may aid the public who, without desiring to cultivate a regular doctoring business, wish to meet with such a description of the ordinary symptoms which will guide them in making a correct method of arriving at the complaint the sufferer is troubled with. Suitable remedies will be found throughout this book as will prove to alleviate and cure, and arranged alphabetically in the index.

Alcoholism.

It is very often a difficult problem to know what to do with a confirmed toper. To steady a man who has been drinking heavily, a wineglassful of vinegar or a full dose of liq. ammon. acetat. is remarkably effective. Caffeine and Coca Wine have recently been advised to cure dipsomania. After all, rigid abstinence from alcohol, and a stay in a home for a lengthened period of time affords the greatest hope of a cure.

Biliousness.

Bilious people have to be very careful in their mode of living. The peculiar train of symptoms we term biliousness are merely, so to say, a flag of warning which nature hangs out to tell the sufferer that his digestive organs require rest, and cannot go on smoothly again until they have

had it. Hence it is that bilious people are forced to remain quiet and starve themselves until the attack has passed off. In general those who are sufferers should eat meat very sparingly.

Boils.

Many remedies have great power in arresting the development of a further crop, and of hastening the maturation of those which have already made their appearance.

Bronchitis.

In its early stages this chest affection must be treated by salines, such as citrate of potash or liquor amon. acetatis, to which aconite may be added when the patient is robust. In its chronic form it is very difficult to cure, and is apt to return regularly each succeeding year as the cold weather sets in.

Burns.

The great secret of successfully treating burns is to exclude the air. If possible blebs and blisters should not be cut or opened, but threaded with surgical silk, when the fluid will gradually drain away, and healing soon occur. The old-fashioned carron oil, a mixture of olive oil and lime-water, is still one of our best applications; it should be applied freely, and the part afterwards enveloped in cotton wool.

Change of Life.

The period of life when, in a woman, the sexual functions become extinguished is generally regarded as a very critical one. The usual time for this is between the ages of forty-five and fifty. The symptoms complained of

vary much, but headache, giddiness, flushing heats, palpitation, and innumerable other unpleasant symptoms are usually to a greater or less degree present. The bowels should be carefully regulated. Very little meat should be taken, and beer and spirits rigorously prohibited. Bromide of potassium in doses of half a dram or more, gives the best results in this condition. It sooths the nervous symptoms and prevents restlessness. Alternate hot and cold sponging to the spine is sometimes attended with good results. Change of air must be advised when other treatment is only partially successful.

Colds

Should always be taken in time, as if allowed to become chronic, they are very difficult to shake off. Sometimes, by abstaining from all fluids, and partaking of a dry diet for twenty-four hours, the cold may literally be starved out. Many people are strongly impressed with the value of a Turkish Bath. Sufferers should not live too much indoors, but should well air their houses, take regular exercise in the open, and so become hardened to changes of weather.

Constipation.

The extensive prevalence of this disorder is testified by the large number of patent medicines of an aperient nature which are advertised and find a ready sale. It is a cardinal rule that the bowels should act once in every twenty-four hours. For treatment, regular habits should be enjoined, and the sufferer impressed with the necessity or securing a daily action, whether any inclination be felt of not. The most valuable dietetic acids are whole-meal bread and wheatmeal porridge; stewed prunes, fruit, and plenty of food that is bulky and yet contains but little nutriment, are also very necessary to secure regularity. When the diet has been carefully regulated we may then give a

helping hand by means of drugs. A glass of natural aperient water, or even ordinary cold water, before breakfast, is strongly recommended by many. Then there is the glycerine injection, which for several days, and perhaps weeks will answer its purpose.

Diarrhœa

Requires very careful management. It must not be forgotten that typhoid fever and cholera often commence with diarrhœa. The use of the thermometer will usually determine this. Diarrhœa is most prevalent in summer and autumn, and is generally due either to errors of diet or to fermentation of food. Some advise a dose of castor oil or some other suitable purgative, to remove any irritant that may be assumed to be keeping up the complaint.

Drowsiness.

Some people are always drowsy. It is often due to indigestion, or may be caused by overfeeding or indulgence in alcohol. Attention to diet and a mild aperient, according to the nature of the case, will usually set the patient right.

Fainting.

When occurring in a building or hot room, the best plan, while the person is in a sitting posture, is to place the head between the knees, when consciousness will soon be restored. To open the window, undo the dress, flick the face with a towel wrung out with cold water, to use smelling salts, and subsequently to administer wine or brandy, are obvious measures.

Giddiness

Is often a sign of indigestion, although it may be present as a symptom of actual disease of the brain, eyes, or ears, or as a result of fever, loss of blood, or epilepsy. Alcohol, tobacco, and various drugs are also apt to produce giddiness.

Hœmorrhage.

A prompt remedy for nose-bleeding is powdered alum sniffed up the bleeding nostril.

Headache.

A form of headache known as megraine, or sick headache and usually caused by biliousness, is generally relieved by drinking strong tea and coffee, and the avoidance of food for some hours. Steaming the nostrils with steam and vinegar is useful when the pain in the head is caused or complicated by cataarh. Slowly sipping a glassful of cold water is said to have a marked effect in some cases.

Indigestion

Is probably the most common disorder to which the human frame is prone. The stomach is an extremely sensitive organ, yet it is surprising what rough usage it will stand without rebelling. In the treatment of its many forms the most important factor is, of course, careful dieting. The plainer the fare the better. All food should be eaten slowly, and at regular intervals.

Bites of Insects.

The bites of fleas, harvest bugs, and other insects are often very troublesome. The application of ammonia and other alkalis is useful to allay inflammation and swelling caused by the sting of a bee or wasp. Vin. ipecac. is a good application to prevent fleas and harvest bugs from biting: it no doubt acts upon them as an emetic.

Lumbago

Is a very troublesome form of muscular rheumatism attacking the muscles of the back. Should ordinary embrocations or plasters fail to do good, bandages rolled with

flowers of sulphur will frequently act remarkably well. As to internal remedies, iodide of potassum, guaiacum, antipyria, if the case is recent, and saline purgatives will be found useful.

Ingrowing Toe Nail

Is exquisitely painful and very stubborn in resisting treatment. The 1 x tincture of iron is a good local application. A recent remedy is tinfoil. First, thoroughly wash the affected part and afterwards carefully dry it. The whole nail is then enveloped with tinfoil, a strip being placed between the portion that grows and the raw surface caused by it. The foil is retained in position by a layer of white wax and the part thus kept dry for several days.

Measles.

In this children s complaint the main feature in treatment is to keep the patient warm and in bed, and as a rule a simple saline mixture is all that is required for treatment. Purgatives should always be avoided.

Perspiration (excessive) of Feet.

Many people, to the intense annoyance of their neighbours, are much troubled with this affliction. Regular bathing of the feet with weak solutions of permanganate of potash, is a good remedy. Sufferers should take a hot bath twice a week, frequently change their socks, and have several pairs of boots, two pairs being worn each day.

Rheumatism.

Most people in our fickle climate suffer more or less rom this widespread disorder. The Turkish Bath is, for those who are strong and robust, an excellent remedy. As to diet, rheumatics should eat meat sparingly and take fish in prefer-

ence. Fruit is very essential provided it is not acid. Sufferers should clothe themselves in flannel, wear strong, watertight boots, and avoid exposure to cold or damp. Among remedies that have been recently advised are cooked celery eaten freely and habitually. A good old-fashioned local application is cajuput oil.

Whooping Cough.

The latest idea in treatment is to place the patients in a room that has recently been fumigated with sulphur, and certainly, from the reports of its action, its curative effect would appear to be remarkable. An embrocation composed of equal parts of oil of amber, oil of cloves, and camphorated oil is of use.

Worms.

The ordinary threadworms, or round worms, are a prevalent source of trouble and disease in children, especially in country districts where the drinking water is obtained from wells, or unwashed fruit or vegetables are eaten. When their presence is suspected it is most essential to the child's well-being that they should soon be got rid of. The expulsion of the round worm is soon brought about by a few doses of castor oil.

Wounds.

Chronic ulcers are very common, and often require for their healing much care and attention. Ulcers of the leg should be treated by keeping the leg up and adjusting over the part a compress made of lint, over which a bandage should be applied.

Horse and Cattle Medicines.

To those of the Public who require information as to the treatment of Dumb Animals, I am indebted for the following recipes to the help of a F.R.C.V.S., whose assistance I have personally derived great benefit from

Cough Powder for a Horse.

Powdered Camphor	**3 drams.**
Chlorate of Potass	**1½ ounces.**
Powdered Belladona Leaves,	**1½ ounces,**
Powdered Anniseed	**2 ounces.**

Mix and divide into six powders, give one twice a day in the food.

Cough Mixture for Dogs.

Tincture of Belladonna	**½ oz.**
Syrup of Squills	**½ oz.**
Paregoric Elixir	**1 oz.**

Mix with six ounces of water and give one or two teaspoonfuls three times a day, according to the size of the dog.

Colic Draughts for Horses.

Chlorodyne	**2 drams**
Sweet Spirit of Nitre	**2 ozs.**
Raw Linseed Oil ..	**1 pint**

Mix and give for one dose.

Influenza in Horses.

Chlorodyne	**1 oz.**
Sweet Spirit of Nitre ..	**2 ozs.**
Liquor Ammonia Acetatis	**4 ozs.**

Add 15 ozs. of water, and give the above at twice when much shivering is evident.

Throat Liniment for Quinsy and Sore Throats.

Turpentine	**1 oz.**
Strong Liquid Ammonia ..	**1 oz.**
Olive Oil	**1 oz.**
	Mix.

A Stimulating White Liniment

FOR GENERAL STABLE USE.

Oil of Turpentine	**16 oz.**
Camphor	**1 oz.**
Soft Soap	**2 ozs.**
Water	**2 ozs.**

Mix the soap with the water; dissolve the camphor in the turpentine; mix the two, and bring down to the desired consistency with water.

A Splendid Ointment for Grease on Cracked Heels.

Sublimed Sulphur	**1 oz.**
Sugar of Lead	**½ oz.**
Creolin	**½ oz.**
Oil of Eaculyptus	**½ oz.**
Vasaline	**4 ozs.**
Lanoline	**4 ozs.**

Make an ointment of the above, and use twice a day.

Composition for Smearing Horses' Bits to quiet them when restless.

Oil of Picis ..	..	**6 drams.**
Oil of Aniseed	..	**1 dram.**
Origanum ..	..	**1 dram.**
		Mix.

Cattle and Poultry Spices.

I obtained the First Prize at the Church and Oswaldtwistle and other Shows for Poultry Spice mixed with this recipe.

Powdered Fenugreek	..	..	**6 lbs.**
,, Gentian	..	..	**2 lbs.**
,, Sulphur	..	..	**4 lbs.**
,, Carraway	..	..	**4 lbs.**
,, Aniseed	..	..	**4 lbs.**
,, Turmeric	..	..	**3 lbs.**
Locust Bean Meal ..	..	..	**112 lbs.**
			Mix.

To make Poultry Spice add 2 lbs. Cayenne Pepper to each cwt. of Spice.

DIRECTIONS FOR USE.—One teaspoonful for eight to ten full-grown fowls and chickens proportionally, to be given three to five times a week with the morning meal. These powders will also be found beneficial to young poultry, when wanted for the table, by giving them a keen appetite. Should an overdose be given it will not injure the birds, but the stated quantity is the best. They help the fowls to produce eggs in the coldest weather, and also when kept in confinement eggs are produced in abundance.

Household Recipes.

Blancmange Powder.

Oswego Cornflower	...	**1 lb.**
Ess. Vanilla ...	...	**5 drops**
Ess. Strawberry	...	**5 drops**
		Mix.

May be coloured with cochineal if the pink colour is required.

Custard Powder.

Pure Cornflour	... ...	**1 lb.**
Sago Flour ...	... ...	**1 lb.**
Turmer ...	... ..	**1 oz.**
Essence of Almonds	...	**15 drops**
		Mix.

These are tastefully packed, and they command a ready and constant sale. They are put up in tin boxes.

Worth Knowing to Householders.

Simple Wood Stains.

Below I give full particulars regarding the different preparations which are in use for staining white wood. It will be noted that with a little ingenuity the public may make solid or liquid forms of the stains. Most of the formula given below may be finished by varnishing or polishing. In the latter case the stained wood should be oiled before the polish is applied.

Mahogany Stain.—(1) Make a strong solution of maroon lake aniline dye in water, and add to each quart a piece of potash as large as a walnut. This will give a good mahogany imitation on any wood.

2	Parts
Alkanet Root - -	1
Cape Aloes - - -	2
Dragon's Blood - -	2
Methylated Spirits -	26

Digest for a week, and filter.

Mordant the wood with nitric acid, and apply the tincture from one to three times, according to the shade required.

Oak Stain (Dark).

Vandyke Brown,	10 parts
Pearlash,	1 ,,
Water,	30 ,,

Boil together and strain.

Light.

Oatchu - -	30 parts
Water - -	20 ,,

Boil together, strain immediately, and add to a solution of 25 parts of bichromate of potassium in 100 parts of water.

——:o:——

Walnut Stain.—(1) Dissolve ½ oz. permanganate of potash in 16 ozs. of water. With this solution brush the wood quickly from one to eight times without waiting to let it dry; after five to ten minutes wash the wood with cold water; when dry, varnish or oil and polish. (2) Dissolve 15 parts of extract of logwood in 1,000 parts of dark oak stain.

Rosewood Stain.—Common kino, 1 part ; caustic soda, 1 part ; water, 20 parts. Dissolve by the aid of heat, and dilute to the tint required. Brush over the wood twice and wash with water before allowing to dry.

Ebony Stain.—A good powder form for ebony stain is composed of nutgalls, 40 ; logwood, 28 ; copperas 4, and verdigris, 4 parts. Direct 2 oz. (a 6d. packet) of this to be boiled in a quart of water for an hour, water being replaced from time to time, then strain. This decoction makes a good black if the wood is exposed to the air for some days before it is varnished or polished.

Satinwood Stain.—Dissolve 30 parts of extract of fustic in 70 parts of water ; strain, and add a solution of 1 part of pearlash in four parts of water.

Yellow Stain is imparted with a solution of picric acid, or commercial nitric acid (1 in 2).

Grey Stains.—A solution of nitrate of silver, 1 in 50. Brush over the wood twice. After drying wash it with hydrochloric acid, and then with ammonia. Dry in a dark place.

Furniture Oils.

The following is a good formula for Publicans,

Linseed Oil,	..	**6 ozs.**
Turpentine,	..	**4 ozs.**
Dilute Acetic Acid,		**2 ozs.**
Methylated Spirit,		**1 oz.**
Spirit Varnish,	..	**½ oz.**
Spirit of Salt,	..	**½ oz.**

Mix.

Health Salts.

To make your own, a preparation with a very large sale is manufactured from the following:—

Epsom Salts.
Carbonate of Soda.
Tartaric Acid.
Cream of Tarter.
Citrate of Magnesia.

Of each ingredient, 2 ozs., together with 4 ozs. of the finest Castor Sugar.

Dry all the Chemicals separately in a slow oven for six hours, powder them, mix and put into an airtight bottle. It will mix perfectly with warm or cold water, and an effervescing preparation will be the result.

To make your own Lemon Kali.

Bi-carbonate of Soda ... 4½ ozs.
Tartaric Acid, ... 5 ozs.
Powdered Sugar, ... 1 lb.

Dry each ingredient separately, then mix the Bi-carbonate of Soda with the Powdered Sugar, add the Tartaric Acid, put through a sieve and bottle, and it is ready for use.

Marble Cleaning Paste.

It is often a difficulty to obtain a suitable preparation for cleaning marble. Splendid results are found from the action of the following :

Salts of Tarter, 1 ounce.
Whiting, ... 1½ ounce.
Soft Soap, ... 1 ounce.
Water, ... 16 ounces.

Dissolve the soap in the 16 ounces of water by heat, add the other two, and the preparation (after stirring) is ready for use

Instantaneous Polishing Cream.

To make an instantaneous cream for furniture, the following well tried receipe answers the purpose.

Best White Wax,		**4 ounces.**
Turpentine,	...	**8 ounces.**
Water,	...	**6 ounces.**

Dissolve these in a water bath (a glue kettle is a water bath) and while hot add the ammonia, stir up, and it is ready for use. Sold in 6d. and 1s. bottles at the Stores.

Washing Liquor for Bleaching Clothes.

Boiling Water,	...	**6 gallons.**
White Soap,	...	**1 lb.**
Pearl Ashes,	...	**2 ounce.**
Strongest Ammonia,		**1 lb.**

Cut the soap into small pieces and dissolve it into the boiling water, and when nearly cold add the pearl ashes and the liquid ammonia. The above is the formula of a well advertised washing Liquor.

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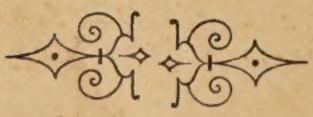
Starch Gloss.

To make your own Starch Gloss for imparting a beautiful gloss to linen, mix

Powdered Borax, .. 1 dram
Powdered Spermaceti, .. 1 dram
Powdered French Chalk, 6 drams.
Mix and sift.

Use two tablespoonsful to 8 ozs. of Starch. Used in laundries.

Should the Purchaser of this book require any further information, the Author would be pleased to supply any information required.



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